



## *Hawaii Island Retreat*

*at Ahu Pohaku Ho'omaluhia*



## Background:

Hawaii Island Retreat at Ahu Pohaku Ho`omaluhia is an oceanfront destination on the North Kohala coast of the Island of Hawaii. The retreat has 17 spacious rooms with expansive views.

## Sustainability:

The 50 acre spa retreat and boutique hotel offers luxury accommodations in harmony with nature.

- Photovoltaic (solar) panels and a windmill produce all of the retreat's power and all water is heated with solar. The property is completely off-grid.
- Meals are prepared from organic gardens and livestock. Fruits and vegetables and eggs and cheese are produced on the property. In addition the Hawaii Island Retreat provides gardening and cooking classes so that guests may learn simple and effective ways to grow and prepare their own foods. In this way guests are encouraged to continue these methods of sustainable living in their own homes
- The swimming pool is salt purified and thus uses no chlorine. The hot tub near the pool is heated with solar hot water panels and is salt purified
- All organic food scraps are recycled to compost or chickens
- All paper products are used as mulch for fruit trees and in the gardens
- The retreat is designed to use natural lighting during the day and full-spectrum compact fluorescents for night.
- The sparkling garden pools surrounding the retreat serve as catchments for rainwater from the rooftop of the hotel. These conservation measures were incorporated in the design, so that the rain may also be used for the irrigation of the gardens.
- Guest rooms are cleaned daily, however linens are changed every fourth day unless requested by the guest.
- Much of the flooring throughout the retreat is Tiger wood, a farmed sustainable hardwood that does not impact native forests.
- The retreat was designed to take advantage of our Kohala breezes. Cross-ventilation and ceiling fans eliminate the need for air conditioning while keeping guest rooms warm when the air outside is cool, and cool when temperatures are warm.
- Each room is provided with reusable water bottles. Fresh filtered drinking water is provided on a daily basis to each guest rooms. Large dispensers of filtered drinking water is also available at all times in the dining room.
- Rooms are supplied with organic shampoo, conditioner, shower gel, hand lotion and liquid hand soap in refillable dispensers thus eliminating single serving containers.

- In an effort to minimize waste containers intended for individual servings are not used. The retreat creates exotic tropical juices from fruits that have been organically grown in its orchards and gardens.
- Each room is supplied with educational information that encourages each guest to do their part in assisting with ongoing efforts to remain both sustainable as well as self sufficient.
- Recycling bins for guest use are available throughout the retreat
- The hot water for the locker room showers is also heated by the sun
- All products used in the locker rooms are organic
- Nearly all products used for massage, facial, and body services are organic
- Hawaii Island Retreat creates its own body service products utilizing materials provided by its organic farm. Some of the items used are kukui nuts, papaya, avocado, goat's milk, aloe vera, squash, cucumber, noni, coffee, native and cultivated herbs.
- Massage sheets, robes, and other spa linens are made of organic bamboo, a fast growing fiber cultivated without toxic fertilizers and herbicides
- Techniques for providing effective spa services have been developed to minimize excessive use of electricity, water, and linens
- All bathrooms and locker rooms feature low-water use toilets and shower heads that still provide great water pressure
- Laundry facilities for the retreat as well as the spa utilize organic laundry products. Much of the laundry is hung to dry in the breezes minimizing the need for using the dryer
- Outdoor massage pavilions utilize the ambiance of nature eliminating the need for fans, air conditioning, or music. The breezes cool the pavilion and the rustling trees and bird songs provide nature's music.
- Decking for the massage pavilions is made of recycled plastic
- Spa staff wear organic bamboo uniforms
- Vendors are sourced locally whenever possible for retail and those that use minimum packaging
- Non-toxic cleaning products are utilized throughout the retreat and spa

Hawaii Island Retreat is a working example that luxurious living and living in balance with the earth, is a compatible and realistic goal. It has been awarded the highest rating in Eco-Travel.